



Eucharist

The sacrament of the Eucharist is when Christians remember the Last Supper.

The Eucharist is referred to by Catholics as Mass and it involves spiritually feeding participants with the Body and Blood of Christ.

According to the Catholic Church, the Eucharist is the source and summit of the Christian life (Catechism of the Catholic Church 1324). This means that Christian spirituality flows from the Eucharist (the source) and so Christian actions should be directed towards it (the summit). Every other sacrament is linked to the Eucharist.

Catholics, place more importance on the Body and Blood of Christ than some Christians other and also celebrate the Eucharist more often than some other denominations, such as Methodists. This is because they see it as an essential way of sustaining their relationship with God.

The Eucharist joins Christians together in their faith.

Mass

During the service of Mass, prayers are said and Catholics confess their sins. They are given **bread** by the priest and **wine** from a shared cup.

Transubstantiation is a Catholic belief that the bread and the wine become the flesh and blood of Jesus Christ.

First Holy Communion

Children who are receiving their First Holy Communion dress Smartly: They are usually aged about eight.

Children prepare for their First Holy Communion in school but the Sacrament takes place in church and is usually followed by a celebration in the School hall.

At their First Holy Communion, children are allowed to have Body of Christ in church for the first time. It is unusual for children receiving Holy Communion to be offered the Blood of Christ.

Question

Why is the Eucharist referred to as the “source and summit”?

Because Christian spirituality flows from the Eucharist (the source) and so Christian actions are directed towards it (the summit)

<https://www.icatholic.ie/category/sacraments/>. They are also available from www.downandconnor.org.